



All children born in 2010
are invited to join us for a
Kindergarten Open House at
your local DSBN public school!

Thursday, February 6
4:00 - 6:00 p.m.



See inside for more information
or visit our Kindergarten website:
www.dsbniagara.org/kindergarten



**Come on in to
our Kindergarten Open House!**



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What can my child expect in Kindergarten at the DSNB?

Your child can expect to be warmly welcomed by our educators, school administrators and support staff. They can also expect to learn, explore and grow in a safe, colourful and vibrant classroom. Your child can look forward to a variety of fun and engaging experiences that will develop their love for learning.

What will my child learn in Kindergarten?

Kindergarten begins to lay the foundation for all other learning in school. Much of the learning is play-based and encourages students to become increasingly independent and to solve problems.

The program will help students develop their language and math skills, while offering opportunities to engage with science, technology and the arts. Students will also be given many opportunities to exercise, play and develop important social skills with their peers.

What can parents expect?

Kindergarten is a big change for both you and your child. We are committed to making this transition as smooth as possible for you and your family.

You can expect to have regular communication with your child's teacher and many opportunities to discuss their progress. There will also be many opportunities for you to get involved and to be part of your child's education.

This is a shared journey and we look forward to working with you!

How old does my child have to be to register for Kindergarten?

If your child was born in 2010, they can start Kindergarten in September 2014.

How do I know if my child is ready?

Children who are ready for school are:

- happy playing with others
- eager to learn
- beginning to take responsibility for themselves and others
- beginning to be independent
- curious
- learning to cooperate

How do I register?

Start by downloading your child's registration form. Visit:

www.dsnb.org/childergarten and click "Register"

Bring the completed form with you when you attend the Kindergarten Open House at your local DSNB school. There will also be forms available on Open House night.

To complete registration, you will need your child's:

1. Birth Certificate, Birth Registration or Baptismal Certificate
2. Immunization Certificate
3. Provincial Health Card
4. You may be asked for proof of address

What if I can't attend the Open House?

No problem! Call your local DSNB elementary school to register and arrange a personal tour.

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145 Derby Road, Crystal Beach
(905) 894-3900

Garrison Road Public School
1110 Garrison Road, Fort Erie
(905) 871-4830

Peace Bridge Public School
105 Torrance Street, Fort Erie
(905) 871-5962

Ridgeway Public School
143 Ridge Road, Ridgeway
(905) 894-3751

Stevensville Public School
3521 Main Street East, Stevensville
(905) 382-3122
A Child's World
Child Care On-site
(905) 382-3122

GRIMSBY

Central Public School
10 Livingston Ave., Grimsby
(905) 945-5459
YMCA Childcare On-site
905-945-6761

Grand Avenue Public School
14 Grand Avenue, Grimsby
(905) 945-2227
Lakeview Daycare On-site
905-945-0431

Lakeview Public School
33 Olive Street, Grimsby
(905) 945-5427
Lakeview Before & After
School Program On-Site
905-945-0431

Nelles Public School
118 Main Street East, Grimsby
(905) 945-8022
Kidzdom Preschool On-site
905-309-9997

Park Public School
217 Main Street East, Grimsby
(905) 945-2445
YMCA Child Care On-site
905-945-1431

Smith Public School
18 Queens Road North, Grimsby
(905) 945-8014
YMCA Child Care On-site
905-309-0614

LINCOLN

Jacob Beam Public School
4300 William St. Box 390, Beamsville
(905) 563-6209
YMCA Child Care On-site
905-563-3918

Senarath Gibson Public School

4944 John Street, Beamsville
(905) 563-7431
YMCA Child Care On-site
905-563-6037

Vineland Public School
4057 Victoria Avenue N, Vineland
(905) 562-5211

NAGARA FALLS
Cherrywood Acres Public School
4635 West Avenue, Niagara Fall
(905) 356-2801
A Child's World
Child Care On-site
289-497-5678

Forestview Public School
8406 Forestview Blvd., Niagara Falls
(905) 354-6261
A Child's World
Child Care On-site
905-354-4010

Greendale Public School
5504 Montrose Road, Niagara Falls
(905) 358-8111

Hextimer Avenue Public School
6727 Hextimer Avenue, Niagara Falls
(905) 358-0932

James Morden Public School
7112 Dorchester Road, Niagara Falls
(905) 358-5011

John Marshall Public School
3910 St. James Avenue, Niagara Falls
(905) 358-3711

Kate S. Durdan Public School
6855 Kalar Road, Niagara Falls
(905) 356-0408
YMCA Child Care On-site
905-354-4555

Martha Cullimore Public School
3155 St. Andrew Ave., Niagara Falls
(905) 358-5142

Orchard Park Public School
3691 Dorchester Road, Niagara Falls
(905) 354-3916

Princess Margaret Public School
6624 Culp Street, Niagara Falls
(905) 354-2333
A Child's World
Child Care On-site
905-387-5244

River View Public School
3300 Cornell Drive, Niagara Falls
(905) 295-3251
A Child's World
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905-380-7451



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■ **CRIME:** Faces first-degree murder charge

Senior accused in murder is estranged husband

BILL SAWCHUK
QMI Agency Niagara

A Fenwick senior accused of murdering a woman in a St. Catharines apartment parking lot Thursday is her estranged husband.

George Fraser, 71, of Fenwick, is charged with first-degree murder in connection with the death of Judith Fraser, 73.

It is the first murder this year in St. Catharines.

The superintendent at the apartment, Barbara Moss, said Judith Fraser had been living alone at the building for about six weeks.

"She was a very lovely lady," Moss said. "Very nice."

Fraser made his first appearance in St. Catharines bail court briefly Friday afternoon with his left hand bandaged and in a splint.

The court was told he's hired lawyer Brian Greenspan.

People charged with murder are held in custody and can't have a bail hearing unless they make an application to Superior Court.



JULIE JOSEK/QMI AGENCY NIAGARA

See **MURDER** on Page 2

Police barricaded the area around an apartment complex on St. Augustine Dr. in St. Catharines where a body was found in the parking lot Thursday evening.

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UPFRONT

■ MURDER

Pelham senior charged with 1st degree murder

From Page 1

A balding man with a white beard wearing a navy T-shirt, Fraser was adjourned to Jan. 31 when he'll appear in court by video.

He was ordered not to contact a list of people named under a publication ban.

Judith Fraser died outside her St. Augustine Dr. residence after being attacked as she returned home shortly before 5 p.m., Niagara Regional Police said.

Her body was found with "obvious signs of trauma," police said.

"We are not going to get into anything with regard to weapons or cause of death at this time," Niagara Regional Police Const. Derek Watson said.

Police said emergency crews were called to 128 St. Augustine Dr. at 4:50 p.m. Thursday.

Neighbours tried to help the woman by calling 911 and starting CPR. However, she died of

her injuries, police said.

Immediately following the incident, the suspect left the area in an orange or copper coloured compact hatchback vehicle, police said. Police have recovered the vehicle as a result of information from the public.

Shortly after responding to this incident, police said officers received information on the location of a man who was allegedly claiming responsibility. Officers responded to a residential area of Thorold, where the suspect was located and arrested without further incident.

The incident remains under investigation by the Niagara Regional Police Homicide Unit. Anyone with information is asked to contact 905.688.4111, ext. 4200 or Niagara crime STOPpers.

— with files from Karana Walter
Bill.Lauder@sunmedia.ca
@bill_standard



Police are on scene at a townhouse complex on St. Augustine Dr. in St. Catharines where a body was found in the parking lot on Thursday, January 16, 2014.

JULIE JORDAN/QUI AGENCY NIAGARA

■ CRIME: Arrests in Target, Esso crimes related to Monday police chase

Manhunt suspects charged for armed robberies

GREG FURMINGER
QMI Agency Niagara

Two men arrested after a manhunt Monday that stretched 80 kilometres between Pelham and the Six Nations Reserve near Brantford have now been charged for recent violent armed robberies.

Those robberies include the Dec. 28 armed holdup of the Target gas station at 151 Hwy. 20 W. in Pelham and the Jan. 3 armed robbery of

Danny's Esso at 13210 Hwy. 20 in Thorold.

A total of 31 criminal charges have been laid against the two men who were nabbed as a result of a Niagara Regional Police crime prevention patrol being deployed along the Hwy. 20 corridor in response to those robberies that also involved thefts of vehicles used for the commission of the crimes and subsequent torching of those vehicles.

Arrests were made Monday after a stolen vehicle was spotted on Hwy. 20. A pursuit ensued and ended at a dead-end in West Lincoln after a spike belt put the vehicle out of commission.

The two occupants ran off in separate directions — one later arrested at a gas station at Hwys. 20 and 24 in Pelham and the other tracked with the assistance of the Buffalo-based Erie County Sheriff's Department helicopter.

The second suspect was arrested after three West Lincoln homes were individually charged with two counts each of robbery with a firearm, disguise with intent to commit a criminal offence, possession of property obtained by crime over \$5,000, and arson causing damage to property.

They are each also charged with single counts of attempt to commit theft under \$5,000, possession of property obtained by crime under \$5,000 flight from peace

and Joshua Beaver, 24, of Hagersville are individually charged with two counts each of robbery with a firearm, disguise with intent to commit a criminal offence, possession of property obtained by crime over \$5,000, and arson causing damage to property.

They are each also charged with single counts of attempt to commit theft under \$5,000, possession of property obtained by crime under \$5,000 flight from peace

officer and dangerous operation of a motor vehicle.

Hill is also charged with two counts of counts of break enter dwelling house commit robbery, a single count of break enter dwelling house with intent, and three counts of failing to comply with a probation order.

Beaver is also charged with and disqualified driving.

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LOCAL NEWS

■ **CRIME:** Suspect part of pursuit that involved U.S. police helicopter, several Ontario law-enforcement agencies

West Lincoln family left battered after fighting off robber

BILL SAWCHUK
MI Agency Niagara

The sound of breaking glass startled Jane Huizenga out of a deep sleep at 4 a.m. Jan. 13.

An intruder was in her house. He wasn't after her valuables — he wanted her car keys.

"I'm five-foot-four and I don't think he was any taller than I am," the 73-year-old West Lincoln woman said. "He sure was feisty and, I'll tell you, he had a pretty good fist."

Huizenga, her husband, 77, and son, 50, ended up in a confrontation with the suspect, who was wanted for armed robbery Monday. It was a desperate attempt to flee police.

All three family members were sent to hospital, treated and released.

Huizenga suffered a fractured cheek bone. Her son lost a tooth. The intruder ended up in jail.

The suspect was a target in a pursuit that eventually involved a U.S. police helicopter and several Ontario law-enforcement agencies. He was allegedly barging through homes in the area of Regional Rd. 20 and Regional Rd.

24, trying to steal a getaway vehicle. Earlier, the stolen truck he was riding in with an accomplice was disabled by a spike belt.

Huizenga said the suspect broke into the garage, then tried to kick in the main door of her house.

When that didn't work, he tried a basement window before smashing the glass patio door in the back of the house with a brick, she said.

"My son was downstairs," Huizenga said. "He came halfway up the stairs. We were looking at each other. The guy was going through my kitchen cupboards and said, 'Where's your car keys?'"

"It was four o'clock in the morning, and I was very dozy. I just said, 'You are not getting my car keys.'"

"He roughed me up. He roughed up my son. My husband came down the hall to see what it was all about. He is hearing-impaired and heard the noise but didn't know what was going on. The guy just pounded on him and took him down. We are all still black and blue."

Huizenga's home was the second of three the intruder broke

into. At the first home, he was confronted by the homeowner and fled. At the third home, he was able to steal a Toyota Matrix after an altercation with the homeowners.

The car was tracked from the air by a police helicopter and pursued for about 80 kilometres to the Brantford area. The suspect was located in a home on Mahawk Rd. east of Towalme and arrested by Six Nations Police.

"He ran out of here when he realized he was not getting the key," Huizenga said. "He went across the road to the other neighbour. He was very nice to her and said he needed some medical attention. She grabbed the phone, called 911 and told him help was on the way."

"That was the last she saw of him."

The suspect and a second were charged in a string of violent armed robberies that also involved thefts of vehicles used for the commission of the crimes and subsequent torching of those vehicles.

The robberies include the Dec. 28 armed holdup of the Target gas

station at 151 Hwy. 20 W. in Pelham and the Jan. 3 armed robbery of Danny's Esso at 13210 Hwy. 20 in Thorold.

A total of 31 criminal charges have been laid against two men.

Joshua Beaver, 24, of Hagersville, and Nicholas Hill, 27, of Jarvis, remain in custody.

The doors at the Huizengas' home have been replaced. The blood was cleaned up. The home is no longer a crime scene.



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"You can talk about it all you want, but until it gets in front of you, you don't know what you are going to do," Huizenga said.

"God was watching over us that night, and I move on. I don't dwell on it. That's the way we are. We are Christians and church people. Like I say, it happened, it was unfortunate, and we are moving on."

bill.sawchuk@sunmedia.ca



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Arena and indoor recreational facilities

MAYOR DAVE AUGUSTYN

As you know, the provision of recreational and cultural services in Pelham has been an issue for decades.

Last year, I wrote about a creative problem solving session in December 2012 where Council identified a way forward:

- stay focused on deciding what to do with Town facilities and the Town-owned lands in East Fonthill (32 acres at Regional Road 20 and Rice Road);

- define the recreational and cultural services the Town needs now and for the future;

- develop the Town-owned lands in East Fonthill in the best manner and in conjunction with other property-owner groups;

As part of achieving this, staff prepared an Executive Summary of all the recreational and cultural reports that various Councils received over the years. Staff informed Council that, "A review of all previous studies was undertaken which confirmed that no significant or meaningful financial work was completed, [thus] requiring additional financial analysis for both an arena and community centre."

The Town hired LeisurePlan International last summer to develop a market analysis and business case study. So that they could develop a statistically significant report, LeisurePlan surveyed ~1,000 residents about their recreation and culture habits and preferences.

After detailed analysis, LeisurePlan presented the Phase One results to Council on January 13 and 20.

Arena Facilities:

The report suggests that there is not enough demand in the short / medium term for a twin-pad, but suggests "there may be sufficient demand...for a second ice pad in the time period just beyond 2023/24."

LeisurePlan recommends that the Towns:

- replace the existing single-pad with a new arena facility within the next five years;

- design a new twin-pad facility and phase the construction - build one ice pad first (contingent on capital financing) and construct the second pad after 2023/24 (should the sustaining demand develop);

Multi-Purpose Recreational Facilities:

Upon surveying all user groups and associations (14 in total), all service providers in Pelham (46 in total), and 1,091 residents, LeisurePlan recommends that the Town:

- provide a multi-purpose facility to accommodate demand for participation in fitness activities, walking/running on an indoor track, and gymnasium sports;

- provide multi-purpose program space;
- not provide an indoor pool facility due to lack of demand and to associated costs;

(Please see my online journal at www.pelhammayordave.blogspot.ca for complete copies of the reports and LeisurePlan's presentation to Council.)

Over the next five to six weeks, LeisurePlan will complete Phase Two - examine the business case and various options associated with facility construction and operation.

When both Phases are complete, Council and I look forward to working together with you and your neighbours to review the options and finally move ahead on the future recreational facilities and needs for the Town.

CONCERN 'The heck with thinking

FR DAVID GRAHAM SCOTT

St. Ignace of Antioch Orthodox Church

Literally translated from the Greek, euthanasia means a good death. But by 1861 Roman Catholic ethicists called euthanasia a term that is ambiguous and misleading in regard to end-of-life care.

Even the distinction between active euthanasia (killing) and passive euthanasia (letting die) is unhelpful. And now Quebec's Bill 52 would redefine palliative care to include medical aid in dying. This is part of sinful humanity's tendency to clothe the culture of death in euphemisms.

The prophet Isaiah reported God's condemnation of redefining words. "Woe to those who call evil good, and good evil; who put darkness for light, and light for darkness; who put bitter for sweet, and sweet for bitter" (5:20).

Ch. 16 Jesus our Lord said, "I tell you, on the day of judgment men will render account for every careless word they utter" (Matthew 12:36).

The Orthodox liturgy includes the bidding prayer to ask of the Lord, "A Christian ending to our life: painless, blameless and peaceful; and a good defense before the dread judg-

ment seat of Christ."

Fr. Stanley Harakis declared that the only "good death" for the Christian is the peaceful acceptance of the end of his or her earthly life with faith and trust in God and the promise of the Resurrection.

Fr. John Breck writes that it is essential that dying persons be able to prepare for death. They need to preserve to the fullest extent possible a conscious and personal relationship with God and with other people. They need to be able to confess and receive Holy Communion one last time. And they need to know that they are accompanied by the presence and prayer of those who love them and can surrender them gently and peacefully into the hands of God. That is what a good death is.

The biblical witness to human life is that it is a sacred gift bestowed by God, which is to be received, cherished and offered back to God as an expression of faithful stewardship. Fr. John Breck writes, "This traditional Christian vision of the person, created in the divine image and destined for eternal participation in divine life, is what gives ultimate meaning to our life and our death."

Christ put it this way: "I have come that they may have life, and

that they may have it more abundantly" (John 10:10).

Quebec's Bill 52 make euthanasia part of palliative care is based on questionable secular assumptions that there is no God, that everything is matter, and that the human being is autonomous and makes his or her own meaning of life.

Bill 52 is based on Belgium's legislation. There are well documented reports of euthanizing not only those near death but also the disabled and children, without consent. The so-called safeguards in legislation are falling in both Belgium and the Netherlands. The slippery slope is not a myth. (See www.thefcc.ca or www.opcc.ca.)

An Abingdon Research poll of 500 Quebecers in October 24-26 last year showed that at first 72% of respondents supported legalizing medical aid in dying. But after being informed of the dire consequences that similar laws have brought about in other countries, the favorable response dropped to 35%.

Let us hope we pray that both the Quebec National Assembly and Parliament will affirm the Criminal Code prohibition of euthanasia, a prohibition that has been confirmed by the Supreme Court of Canada on more than one occasion.

readers' views

PELHAM FOOD DRIVE A SUCCESS

The 22nd Annual Citizens of Pelham Food Drive was held Dec. 7.

As always, the event was a huge success. We wish to thank the thousands of residents of Pelham who donated food items by leaving them on their doorstep or bringing them to our drop-off points, and the hundreds of volunteers (students, army cadets, families, church groups, schools, service clubs, business groups) who canvassed the town and picked food up door-to-door and delivered it to Pelham Cares. As is our tradition, we were also able to share food with our neighbours in Welland through donations to Open Arms Mission, Salvation Army and The HOPE Centre.

We wish to acknowledge the support of our local Tim Hortons who came on board this year as our major sponsor. We appreciate that our local owners took the initiative to approach us to determine how a contribution from Tim

Hortons could best be used to increase the success of the Pelham Food Drive.

We wish to thank the following individuals and businesses for generously providing nourishment for our volunteers: Al Crowe, Blue Star Restaurant, Country Corner Market, Fonthill Soys, and Tim Hortons Fonthill.

We wish to acknowledge the support for advertising and promotion from the following groups: Bee Line Signs, Fenwick Firefighters Association, Fenwick Lions Club, Fonthill Lions Club, Fonthill Lions Club, Fonthill and District Kinsmen, Town of Pelham Recreation, Culture and Wellness Department, Rotary Club of Fonthill, and the Royal Canadian Legion Fonthill.

Many thanks to the following businesses for being food drop-off points for rural residents: Century 21 Today Realty, Clare's Cycle & Sports, Meridian Credit Union, North Pelham Abundant and Star Tile Centre.

To our friends in the online and print media, we appreciate your outstanding promotion and coverage.

Thank you to the Fenwick Lions, especially Lion Ken Angle, for leading the Fenwick food collection, and to the Fonthill Lions especially Lions Brian Buchanan and Tina Moersner for taking charge of refreshments for our volunteers and doing the clean-up. Much appreciation to Glen Robins, Gwen Ailes, Maxine Gaylor, and Lion Doug Gaylor for your ongoing, valuable assistance with organizing the Fonthill food collection.

Community spirit is alive and well in Pelham and we are grateful to be part of such a caring and responsible community that works hard to ensure food security for all of our citizens.

GERRY AND SYLVIA BERKHOUT
CO-ORGANIZERS OF THE CITIZENS
OF PELHAM FOOD DRIVE

LOCAL NEWS

■ **TRAFFIC:** Pedestrian safety goal for region

Signalized crosswalks for Pelham

MELISSA MANGELSON
Pelham News Staff

As part of its effort to become a more pedestrian and cyclist friendly community, the Town of Pelham is adding three signalized crosswalks at Church Hill, Pancake Lane and Spruceville Cres.

Revitalization of Pelham's downtown core is considered a major investment for the future of the town, said the town's Mayor Dave Augustyne. It has become an opportunity for the local, provincial and federal governments to join together to invest in the stimulation of Pelham's economy and to help boost confidence in the town's downtown business core.

Town staff completed a preliminary design, which went to council for comments and then to the region. The region will be completing the final review and, working in conjunction with the town, will put out a request for proposals and open the project up to bidding from contractors.

"This project was supposed to start last year, but the contractors were so busy we had trouble finding anyone to do it. That's a good problem to have if you're a contractor, but because of that we had to wait until the spring of this year to start the construction for the signalized crosswalks," said Mike Purcer, project design manager with the Niagara Region.

The exact cost cannot be deter-

mined until they have a contractor, but Purcer said the entire project would probably be in the \$75,000 to \$100,000 range.

Work on the crosswalks is expected to begin in April and will take about four to six weeks to complete. Purcer said that because most of the work is being done on the sides of the road, there won't be a lot of disruption to the businesses and traffic.

"Obviously when taking on a project like this, increasing safety for pedestrians is our main goal," he said. "The addition of signalized crosswalks at any intersection improves the safety for pedestrians."

In addition to the signalized crosswalks, the town has also been working on a neighbourhood traffic management program for Pancake Lane. A technical evaluation has been completed for Pancake Lane, from

Haist St. to Effingham St.

The evaluation found the area is generally satisfied with vehicle speed and the amount of traffic. A committee of two of the neighbourhood residents, a member of the Pelham Active Transportation Committee and a staff member has been formed and will be meeting in January.

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Suffering From Lactose Intolerance?

Do you often feel like you want to throw up, feel bloated, get crampy, suffer from gas or get a rumbling in your guts after drinking milk or eating ice cream or other dairy foods? If so, you may be lactose intolerant. It is uncomfortable and sometimes painful and lactose intolerance is also a very common ailment.

Lactose intolerance means your body cannot easily digest lactose, a type of natural sugar found in milk and dairy. This is not the same thing as a food allergy to milk.

When lactose moves through the large intestine (colon) without being properly digested, it can cause uncomfortable symptoms such as gas, belly pain, and bloating. Some people who have lactose intolerance cannot digest any milk products. Others can eat or drink small amounts of milk products or certain types of dairy without problems but too much and it is a problem.

Unfortunately lactose intolerance is be-



coming fairly common in adults and there seems to be more and more sufferers everyday. The challenge for people who are lactose intolerant is learning how to eat to avoid discomfort.

Physically, lactose intolerance occurs when your small intestine does not make enough of an enzyme called lactase. Your body needs lactase to break down and digest lactose. When it doesn't all kinds of trouble ensue.

SULMEDOL from NOW Foods is an exceptional supplement that helps your body to regain your tolerance for dairy. If you suffer from drinking milk or eating dairy products, Sulmedol can help to restore and maintain your natural lactose tolerance.

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LOCAL NEWS

■ **EDUCATION:** Garden club at St. Alexander grows

Students learn through gardening

MELISSA MANGELSEN
PelhamNews Staff

Education comes in many forms. For students at St. Alexander Catholic School in Forthill education also grows from a pot of dirt.

Students of all grades, from the Early Learning Kindergarten program (ELKP) to Grade 8 are getting involved with the school's garden club, which teaches students about plants, planting techniques and the importance of green-living.

"The school is part of the gold eco program, so having a club like this made sense for the school," said Sandy Forand, educational assistant.

The club has grown to about 20 students, who spend their lunch hour on Monday's planting and learning about various types of plants.

Upon walking into St. Alexander Catholic School the hand work of the garden club is seen with plants lining the



entrance and a water fountain. Ivy, which was started in a small pot by club mem-

bers, is creeping its way up the wall.

"Learning Isn't all about

books. This gives the students an opportunity to learn about something different, which

gives back to both the community and the school," said Forand.

MELISSA MANGELSEN/
PELHAM NEWS

The St. Alexander Catholic School's garden club got together on Monday to teach students in ELKP about plants. Back from left, Ashly Coriveau, Adam Jones, Vanessa Billsborough, Grade 5 students in the garden club, Middle, Natasha Manibella, Grade 5, garden club, Breilyn Johnson, ELKP, Cory Fraccio, ELKP, Rachel Millar, ELKP, Front, Owen McNaught, ELKP.

The garden club held a presentation for ELKP students Tuesday morning, teaching them about vegetation, growing plants in fertilizer as well as growing plants in water.

The garden club is something that Forand has done every year and wants to get the Master Gardeners of Niagara involved with the students in the spring.

"This is a reward for students, they do well in class and are able to take care of the plants and watch them grow," she said.

Forand is surprised by the number of students who are members of the garden club.

"It's a great group of kids. It's all different ages and both boys and girls. They can really learn from each other," said Forand.

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Thursday Jan 30 9:30 am - 10:30 am

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"Get Active for Life" Join us at a park near you! Participation is at no charge, but we do require a registration form be submitted.

	Monday	Tuesday	Wednesday	Thursday	Friday
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6:00 - 7:00 pm	Cherry Ridge Park (Walking)	Peace Park (Walking)	Pelham Arena (Walking)	Woodstream Park (Walking)	

For more information, please visit pelham.ca or contact jcook@pelham.ca or call 905-892-2607 ext. 329.

COMMUNITY EVENTS & NEWS

Announcing the winners of the first ever Communities in Bloom Christmas Light Competition held in the Town of Pelham from Dec 7 - Dec 25, 2013. Thank you to all those in the community for taking the tour and voting! The winners are as follows:

- Residential - 1st Place Tie: William Janszen - 14 Millbridge Crescent AND Glen Sevenpiper - 688 Canboro Road
- Commercial - 1st Place: Friends of Maple Acres Library - 781 Canboro Road
- Tree - 1st Place: Pelham Community Church - 455 Canboro Road

Thanks also to all who participated and showed off their beautiful work. Special thanks to our local business community for donations including the Niagara Peninsula Energy Inc., Lazy Loon Restaurant & Ice Cream bar, My Place Bar & Grill, Tim Horton's Fonthill, and the Urban Restaurant.

Town of Pelham Operating Budget Presentation - January 27, 2014 @ 6:30 p.m. in Council Chambers at Town Hall.

Intro. to Windows 8.1 - Mon., Feb. 3 from 6-8. Cost is \$10.00. Pelham Public Library.

The Passion Test® Workshop - Are You Ready for More Joy and Fulfillment in Your Life? Local resident Laura Lane, Certified Passion Test Facilitator leads this powerful workshop. Sat., Feb. 8 from 1-3:30 p.m. Cost is \$50. Pelham Public Library.

TOWN OF PELHAM MARCH BREAK CAMP

Get ready for another exciting year at Pelham's March Break Camp!

Monday, March 10 to Friday, March 14, 2014

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Registration for Pelham residents begins January 20, 2014.

Non-residents may register as of February 3, 2014.

Full details and registration forms available at www.pelham.ca and at Town Hall.

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LOCAL NEWS

■ COUNCIL

Pelham eyes arena options

MELISSA MANGELSEN

Pelham News Staff

PELHAM — Pelham Arena has reached the end of its lifespan.

With that, the town is now moving forward looking at both a new arena and a multi-purpose community centre.

John Stevenson, president of LeisurePlan International Inc., and his team studied the best options for the town and determined that while the

town doesn't need two ice pads yet, that could change with growth expected over the next 10 years.

"My recommendation is to plan for the replacement of the existing single ice pad with a new twin ice pad facility. Designing a new twin pad facility will allow for phased facility development in 2024," he said.

Council also heard Monday night about the need for a multi-purpose commu-

nity centre based on a survey from 1,091 residents.

The community centre would likely be built at Rice Rd. and Hwy. 20.

After seeing low demand for indoor aquatics, Norma Draper, consultant with LeisurePlan International Inc., recommended that the town look into building a facility that includes a walking track, fitness centre and gym, but not a pool.

"There was no compel-

ling reason why the town would need an indoor pool. They are very expensive to construct and maintain. It is also a service that is available close to the community," said Draper.

The pool would have to be subsidized by the town with a price tag of about \$1 million and many Pelham residents are already members of the Welland YMCA, which the town provided financial support.

"If the town would go ahead with a multi-purpose community centre with an indoor pool, it would have a negative impact on the Welland YMCA. An indoor pool would put the municipality in direct competition with the Y" she said.

Councillors asked LeisurePlan International Inc. to return to council on Monday with a new report that would include the arena ice pad being included in the com-

munity centre.

One of the most significant trends in the arena provision has been the grouping of community facilities in one building.

The next step for council will be to review both options before taking it to the community for open houses and meetings.

melissa.mangelser@sunmedia.ca
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LOCAL NEWS

BIZ BUZZ

Island flavours to heat up Fonthill

Get your grass skirt on pat — Hawaii is headed to Fonthill.

The sounds, sights and tastes of the islands are expected to resonate at Mokus, a Hawaiian restaurant opening in the heart of the town in April. It will take over the longtime Mossimo's space when the restaurant moves to its new Hwy. 20 location in February.

The island-themed establishment is the brainchild of longtime Pelham resident Gary Stickle, who has long dreamed of bringing the flavour of his favourite vacation spot to his hometown.

"The concept comes from the fact that I love Hawaii," said Stickle, 44, who has been to the popular hot spot 10 times since he was a child.

Opening a restaurant has been on the former accountant's mind for the past two decades, but with two young children the timing just never seemed right.

But now that his son and daughter are maturing, Stickle is ready to venture into the restaurant business on his own.

"It's something that's been in the back of my mind for ages," he said.

Stickle has worked in the hospitality industry for about 25 years, having studied food

and hotel administration at Guelph University, and is eager to take the leap and open up his own eatery.

Once he takes possession of the building, renovations will immediately begin.

"We're basically stripping it bare and starting over again," he said, estimating renovations will cost about \$250,000 and take six to eight weeks.

The restaurant will feature authentic Hawaiian cuisine cooked up by Stickle himself. He intends to use mainly local produce, meat, seafood and other ingredients, but will be importing some hard-to-find items to provide that true Hawaiian flair.

"The food of Hawaii is very honey," he said.

"They love to eat and food is very family oriented."

Stickle described the cuisine as "North American food with an Oriental flair."

Mokus will serve breakfast, lunch and dinner, and will have "hot table taker" that allows people to come in without pre-ordering and select hot and ready meals to take home.

"There's no other restaurant around like it," Stickle said.

The decor will be "almost like retro '50s Hawaii," he said, with a vintage surfboard bar, walls covered in memorabilia and life-sized hula girls mimicking the

ones once found on car dashboards.

Hibiscus flowers fashioned from wood and fabric will hang from the ceiling and the Hawaiian radio stations to further enhance the island atmosphere.

The restaurant will seat 86 between the dining area and the lounge, and the intention is to build an outdoor patio in the summer to seat an additional 24, Stickle said. About 25 jobs will be created. Once Mokus is up and running, the plan is to launch monthly luaus with live hula dancers.

Stickle is aiming to say aloha to his first customers in mid-April.

Snips wins award

Snips Landscape clipped

out the competition recently to win an award of excellence in the balcony or rooftop garden category from Landscape Ontario.

The winning project consisted of three Xeroflex green roofs, on the house, garage and shed of a downtown Toronto property. The roofs, installed by Snips in summer of 2012, included soil planted with perennials, sloping down to a lower profile vegetated with sedum mats.

Award entries were judged on feasibility of construction, best practices and overall visual impact.

The Tribune's Biz Buzz column appears every Wednesday. If you have a business tip, send it to maryanne.frieth@sunmedia.ca or call 905-732-2414 ext. 267.



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MARYANNE FRIETH/STAFF PHOTO

Restaurant owner Gary Stickle, who will open Hawaiian-themed Mokus in April, is pictured with one of two hand-carved tikis crafted in Hawaii for the new Fonthill eatery.



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Future of Maple Acre undecided

The Town of Pelham library board of trustees voted on the recommendations included in the library facilities strategic review from the fall of 2013.

Before the board's decisions, Jan. 17, community members and Coun. Richard Rybak made several appeals to save the Maple Acre Branch.

Findings in the review indicate that the Maple Acre Branch is nearing the end of its useful capital asset lifecycle. The report states that any significant renovations would require upgrading to meet accessibility and library service standards.

The town is deciding whether to close the branch, renovate it, relocate it or turn it into a

satellite location.

The board of trustees voted to not give their support to replacing Maple Acre with a satellite location within their current operating budget, however if the town decided to finance it the library board members said they would be interested in further discussion about a satellite location.

The board agreed to recognize the importance in keeping the current Fonthill location as the hub and the need to implement the short, medium and long-term renovations to the Fonthill branch. "Closing a library location is never an

easy decision," said Maxine Gaylor. "If Maple Acre were to close, the decision whether or not to replace Maple Acre with some form of physical library location in Fenwick would be based on the overall cost of library operations, usage levels and community support. The Town of Pelham Public Library board of trustees is committed to offering library services to all Pelham residents whether it be with one location or two locations. The Board will keep offering all of its residents the best service, staff, resources and programs possible while using Pelham tax dollars with fiscal responsibility."

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Ask Our

Pharmacists

WHAT'S NEW IN DIABETES CARE?

Right now one million Canadians have Type 2 diabetes and do not know it. That statement is from the Canadian Diabetes Association Website (www.diabetes.ca). Diabetes is a growing epidemic and health concern. There are new treatments and resources available to help manage diabetes.

Bayer and Roche have new meters recently available. Bayer has a meter called the DigiDot. This meter is aimed at kids and rewards them for good monitoring habits. It comes with games and connects to the Nintendo DS or DS Lite System. Patients can get this through their local diabetes education centre or specialist. Another new meter is called the A1C Now Selfcheck. This meter captures the three month average of a patient's glycosylated hemoglobin. This is close to lab results that your doctor sees and gives patients a very good idea how well controlled their diabetes is. This test can now be performed at certain pharmacies that have this meter.

Roche's new meter is called the Accu-Chek Mobile. This meter uses strip-free testing. Instead of inserting individual test strips for each blood test a cartridge is inserted which is good for 50 separate tests. The benefit of this machine is the elimination of strip handling which can be difficult for people with arthritis, Parkinson's or other dexterity issues. This machine is free for HUMALOG or NOVORAPID insulin users since they must test their blood sugar more often.

There is new medication available as well. VICTOZA is a relatively new product on the market. This medication is for patients with type 2 diabetes. This is a non-insulin, once-daily, injectable medication, that can help improve blood sugar and has been shown to be able to provide the additional benefit of weight loss. This medication may be used alone or with other medications such as METFORMIN. Other similar medications to this will be on the market shortly. You can call your insurance company to see if this medication would be covered for you.

Besides additional products on the market there are also additional services available for diabetics. Pharmacists can provide a diabetes medication consult, free to the patient, paid for by the Ministry of Health, and an unlimited number of diabetes follow-ups. These consults can involve the pharmacist explaining medications, insulin use, and glucometers. The pharmacist can also use the A1CNow meter and check your average three month blood sugar. Pharmacists can also provide referrals to diabetic community services and web resources that are available to patients.

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LOCAL NEWS

■ AGRICULTURE

Keeping the NRE fair alive

GREG FURMINGER
QMI Agency Niagara

Gate revenues for Niagara Regional Exhibition continue their slide as the event affectionately still referred to as the Welland Fair struggles to compete for limited entertainment dollars in one of the province's most economically depressed areas.

"It's getting harder and harder to keep our head above water," senior director Larry Farnham said at Sunday's Niagara Regional Agricultural Society annual general meeting.

The rub lies in trying to keep admission prices affordable as costs are increasing to run the September fair that's heading into its 162nd year. Amusement companies, too, are coping with escalating prices for such things as gasoline for travel and running midway rides.

At the same time, the NRHS is trying to remain loyal to its rural roots. It doesn't want to become a carnival draw.

"We'd really like to keep the agricultural sector alive," Farnham told society members.

Sadly, part of the problem is that as Ontario's more than 200 annual agricultural fairs continue to age, the number of people actively farming continues to dwindle.

Said Farnham: "Unless you marry the farm, inherit the farm, you can't afford to buy the farm."

Welland MP Malcolm Allen, the NDP's agriculture critic, was at Saturday's meeting at Holy Trinity Church in Welland where he spoke briefly in support of the importance of preserving opportunities

such as the NRE to showcase what farmers do, and to demonstrate to younger generations that food comes from cows and chickens — not just simply from a Styrofoam container at the grocery store.

"They really are community-building activities," Allen said.

Balance sheets presented to society members Sunday showed that NRE revenues dropped to \$75,797 last year — down from \$83,507 a year before and \$109,349 in 2011.

After expenses, the fair lost \$41,223 last year. It also reported a \$30,024 loss in 2012 and \$10,206 loss in 2011.

A visitor survey showed that people do want more animal-related events at the fair, but they're also demanding "bigger-name entertainment," said NRE marketing director Debi Katamar.

"It is an agricultural fair, but people really want the entertainment value (for their dollar)."

Since Niagara Food Festival two years ago was moved up to coincide with the start of Niagara College's fall academic season, the NRE has found itself pinched between the peninsula's tastiest party and the Niagara Wine Festival — making it harder to compete for dollars in a community that in recent years has seen good-paying jobs vanish with the closure of several industries.

Agricultural society president Darlene Durham said that certainly has a major effect on revenues.

She said the fair continues to try to find a "happy medium" with ticket prices so that people aren't discouraged from



MARYANNE FURTH/STAFF PHOTO

Mysterious, a 675-kilogram Guernsey cow from Comfort Farms in St. Ann's, has her neck hair sheared by Nathan High at last year's Niagara Regional Exhibition.

attending the event and so that the society can pay its bills for putting it on.

Durham said attendance at the NRE's Niagara St. grounds last year was at about 6,800 to 7,000 people.

She said she's open to suggestions about how to improve those figures.

Fair directors will be attending a Toronto convention next month

also with the hope of returning with fresh ideas.

New events added for 2013 included a K394.7 New Country video dance party and, for the first time in 20 years, a beer tent. Also, everyone who paid admission received a ballot for a motorcycle draw.

The reestablishment of a youth ambassador for the fair was successful, she said.

Incoming Ontario Association of Agricultural Societies first vice-president Sylvia Parr said the youth component will be a major focus at the convention.

"We need to listen to youth," she said. "Even though we've done it in the past, we still have to listen."

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LOCAL NEWS

■ ANNOUNCEMENT

South Niagara hospital gets \$26.2M planning grant

MELODIE MANGELSON
Pelham News Staff

Pelham Mayor Dave Augustyn and council had a short discussion Monday regarding the announcement of the \$26.2 million planning grant for the South Niagara hospital.

The announcement was made by Deb Matthews, Minister of Health and Long-Term Care, earlier in the day and council was happy with the move forward.

"It's great that the province is doing this and I'd like to thank the provincial government for the planning grant to move forward with the South Niagara hospital," said Augustyn.

Matthews also announced that the community-based board of directors for Niagara Health System (NHS) has taken on full responsibilities.

The board recommended Kevin Smith continue in a

leadership role to finish the job he started and the NHS has entered into a management services agreement with St. Joseph's Health System, which will allow Smith to move from his role as supervisor to chief executive of the NHS, in addition to his role as president and chief executive at St. Joseph's Health System.

"I'm thrilled to announce that Dr. Kevin Smith has agreed to serve as CEO of the Niagara Health System, now that supervision has ended. This news, along with the government's commitment to a new hospital and two new urgent care centres in the region means that the future of health care in our community has never been brighter," said Barry Wright, chairperson of the NHS board of directors.

"There are still a great many hurdles in Niagara, and taking on the CEO job I am committed to continue to work on

bettering our culture of caring and our commitment to academics, working with the leadership teams of both St. Joseph's Health System and NHS. I also know a great deal of energy will be focused on the next important phases of planning for the new South Niagara hospital, which will become a hub for high quality, patient-centred care," said

Smith.

With the announcement of the plan a president for NHS will be recruited whose responsibilities will include working with the board and Smith on strategic planning and culture renewal. Recruitment for the role has begun.

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PELHAM DATEBOOK

JANUARY 23

ROSE CITY TOASTMASTERS

open house, 7 p.m. to 9 p.m. in Welland Arena's lower community room. See how impromptu and prepared speeches in a fun and supportive atmosphere can improve the confidence, communication and leadership skills of anyone, 16 and up. For more information, call 289-696-3167 or visit welland.toastmastersclubs.org.

LEGO

at Wainfleet Township Public Library, 6 p.m. to 7:30 p.m. Children of all ages can drop-in during this time to build a Lego or Duplo creation. Please do not bring your own Lego.

JANUARY 24

SPAGHETTI DINNER

fundraiser at Wesley United Church, 244 First Ave., Welland, with sittings at 5 p.m. and 6:30 p.m. Menu with salad, garlic bread, dessert, tea and coffee is \$13 or \$18 also with one glass of wine, children under 12 \$5, children under three free. For tickets call 905-735-5912.

FISH FRY

at the Royal Canadian Legion Branch 4 hall, 383 Morningstar Ave., Welland, starting 3 p.m. Cost is \$9 a person.

JANUARY 25

FAMILY MOVIE

The Croods is playing at Welland Library's Diamond Trail

branch starting 1 p.m. This movie is rated G. Tickets are free and can be picked up at the circulation desk. For more information on Diamond Trail branch programs call 905-322-1061, visit the information desk or visit www.wellandlibrary.on.ca.

CANDYMAKERS BOOK CLUB

meets at Welland Public Library, Kids aged seven to 12 can read a deliciously humorous book by Wendy Mass with friends and explore activities related to candy. This club meets from 1:30 p.m. to 2:30 p.m.

INUIT ARTS AND CULTURE

presentation Welland Public Library by Barbara Van-Heldingen, a special education teacher with the Kativik School Board in Northern Quebec. Van-Heldingen will share her extensive knowledge on Inuit culture and arts. This workshop starts at 2:30 p.m. Register in advance as space is limited.

PROGRESSIVE EUCHERE

hosted by Fonthill Lionsess at the Fonthill Lions Hall, Hwy. 20, 7 p.m. Prizes, light food, cash bar, \$5 a person.

JANUARY 26

PANCAKE BREAKFAST

sponsored by Knights of Columbus, Fonthill, to be held following 9 a.m. and 11 a.m. masses at St. Alexander church, 50 Pelham Town Sq. Pancakes, eggs and sausage served. Monetary donations only. All proceeds to the St. Alexander building fund.



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held by St. Kevin's Church Catholic Women's League. One hundred tickets for \$1. Doors open 12:30 p.m., draws start at 2:30 p.m. You must be present to win. Pizza and refreshments available for sale.

FRUIT HUNTERS

is a National Film Board of Canada documentary on the intertwining relationship of humans and the fruit we eat being shown at Welland Public Library at 2 p.m. Free.

JANUARY 27

HEARING CLINIC

Connect Hearing will be at Pelham Public Library giving free hearing screenings and answering any questions. Free but please schedule your appointment ahead: 905-892-5068. Also on Feb. 24, both days 10:30 a.m. to 1 p.m.

FAMILY LITERACY DAY

story time and craft at Wainfleet Township Public Library from 3:30 p.m. to 4:30

p.m. Parents and their children are welcome to join us for a story and craft in recognition of Family Literacy Day. Call 905-895-1277 to pre-register by Jan. 24.

FAMILY LITERACY DAY

at Welland Public Library includes a "family book-nic: 5:30 p.m. to 5:30 to 6 p.m. at the Diamond Trail branch and 6 p.m. to 7 p.m. at the main branch. The menu includes nutritious snacks and fun activities that children of all ages will enjoy. At the Diamond Trail branch stories will be read by fire Chief Denys Preney and at the main branch deputy mayor Paul Grenier.

PELHAM HORTICULTURAL

Society meeting at the Fonthill library, 7:30 p.m. All welcome to come and hear Wolfe Bonham of Peace, Love and Landscaping talk about "Garden Design - Overcoming Landscaping Problems & Mistakes."

ADULT BOOK CLUB

at Welland Township Public Library at 6:30 p.m. This month's selection is

The Street of a Thousand Blossoms, by Gail Tsukiyama. To obtain a copy of the book, please register as a book club member.

JANUARY 29

FILM BUFFS

discussion group at Port Colborne Public Library. Members watch films at home and then join the group for discussion. Time 2 p.m. to 4 p.m. All films to be discussed are available in DVD format to borrow from the Library. January's selections are Night of the Hunter and The Legend of 1900.

JANUARY 30

CLASSIC BOOK CLUB

at Wainfleet Township Public Library 2 p.m. to 3 p.m. Join us for afternoon tea as we discuss the works of classic literature. This month's selection is Little Women, by Louisa May Alcott. To obtain a copy of the book, please register as a book club member.

GNOCCHI DINNER

from the Casa Dante back door, 3 p.m. to 6:30 p.m. or until food lasts. Dinners are \$10. Takeout only. Sauce, meatballs, minestrone soup, and pasta fagioli are also available for takeout.

FEBRUARY 3

WINDOWS 8.1 INTRODUCTION

Marc Mailhot, Pelham Public

Library's Gadget Guy, will present information on WIN8.1 and be available while you practice your newly-acquired skills. You must bring your own laptop or device with a WIN8.1 operating system. Time 6 p.m. to 8 p.m.; cost \$10 payable at time of registration.

FEBRUARY 4

MEDITATION

At Pelham Public Library, Marcia leads you through different types of meditations. Great for beginners and people who have meditated before. Bring a pen and notebook. Time 6 p.m. to 8 p.m.; cost \$3. Register ahead.

FEBRUARY 5

SENIORS VALENTINE TEA

at Pelham Public Library, featuring entertainment, desserts and door prizes, 2 p.m. to 3 p.m. Free, but register in advance.

FEBRUARY 8

PASSION TEST WORKSHOP

Are you ready for more joy and fulfillment in your life? The Passion Test® is a tool for gaining clarity by prioritizing what really matters most to us. This 2.5-hour workshop at Pelham Public Library is facilitated by Laura Lane, a certified Passion Test facilitator. Discover your top five passions which are clues to your personal destiny. Learn valuable tools so you can begin living your passions today.

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LOCAL NEWS

■ **HEALTH:** Thorold man, family won't allow disease to debilitate him

Living with Lyme disease

BOB HOWLE

QM Agency Niagara

Matt Risi wants his life back. For the past 10 years, his health has been in a downward spiral.

The bite of an insect that can be the size of the period at the end of this sentence altered his life. Risi contracted Lyme disease after being bitten by a black-legged tick.

He has no recollection of finding a tick on his body. He never developed a bull's eye rash, the tell-tale sign of having been bitten by the spider-like insect.

The 26-year-old Thorold native began seeing changes in his health while in high school.

"I was in Grade 10, that's when I started to notice symptoms," he says, seated at his family's kitchen table. "It started with significant weakness in my left side, in my left shoulder."

He had migraines, flu-like symptoms.

His first diagnosis from a neurologist was, "Well, you've fallen off a bicycle, you've hurt the conduction of nerves, they're not communicating with your arms," says Matt's mother, Debbie.

"What kid hasn't fallen off a bike? So we bought it."

He was tested for Lyme disease three or four times. He says. All tests came back negative.

Because of the negative results, he was never prescribed an antibiotic regime. Health Canada says on its website that

blood tests for Lyme disease in this country are consistent with those followed by public health authorities in the United States and Europe and meet international standards.

However, it also acknowledges some may be false negative in patients with early Lyme disease or in patients who have had antibiotic treatment.

Critics of Canada's blood testing for Lyme disease bacteria say it is inefficient as it only tests for one strain, while some private labs in the U.S. test for two strains.

"Over a number of years, the weakness increased and the atrophy increased," Matt says.

Doctors didn't know what was wrong with him.

"They threw out diagnoses like depression, various anxiety disorders."

He was prescribed anti-depressants.

"Those just made me even worse, so I decided to just take them anyway."

From age 16 on, he was under the care of neurologists.

He dealt with his physical issues, not knowing what was wrong with him. He graduated high school and moved on to Brock University.

"That's when I noticed things start to get a lot worse," he says. His memory was waning.

"To this day," he says, formulating his thoughts carefully before speaking, "I still have very little of a working memory. Normally, the words come



BOB HOWLE/QM AGENCY NIAGARA

Matt Risi will be going to the U.S. for treatment for Lyme disease. He and his family have refused to surrender to the effects of the illness that starts with a tick's bite.

up in someone's brain and they just come out, but I have to word-search all the time."

He managed to graduate from Brock with a degree in kinesiology. He found work in 2011 with the Government of Alberta in Edmonton.

His body was increasingly failing him. Joint pain, foggy brain, weakness. In 2012, a "top" neurologist in Alberta thought Matt may be afflicted with amyotrophic lateral sclerosis, commonly known as Lou Gehrig's disease, an incurable and ultimately fatal neurological disease.

"I got a call from him, he said, 'Mom, you better come, they think I have ALS.' When I got there," Debbie says, trying but failing to fight back tears, "he was like 'Curled in a corner. He was afraid to sleep.'"

She thought her son was dying.

The doctor subsequently ruled out ALS.

"He said, 'We don't know what is wrong with you. Come back in a year. Basically, he said come back in a year, see how much (more lousy) you feel,'" Matt says.

His mother was enraged.

"(The doctor) said, 'I see there's something disrupting the central nervous system, I don't know what it is.' Matt-thew's 25! You're going to kick him to the curb? Come back in a year?"

Matt decided to go down another path. He sought the help of a naturopath. Based on Matt's symptoms, the naturopath believed Matt to be suffering from chronic Lyme disease. Matt sent blood samples for testing to a California laboratory. The tests came back positive for Lyme disease.

What to do?

Now living at home while on leave from his job with the Alberta government, he researched clinics in the U.S. that treat patients who have chronic Lyme disease, a condition of which the medical community is skeptical.

Mainstream medical science considers a regime of antibiotics a cure for Lyme disease and that continued symptoms are the result of "post-treatment Lyme disease syndrome."

"Most medical experts believe that the lingering symptoms are the result of residual damage to tissues and the immune system that occurred during the infection," Health

Canada says on its website.

Matt's research led him to the Spaulding Wellness Institute in Florida.

He boarded a plane from Buffalo Wednesday morning to Palm Harbour, Fla., where he is to undergo three days of testing before embarking on weeks of treatment.

Dr. Rick Spaulding believes the bacteria is hiding inside cells — not floating around in the bloodstream. The bacteria is protected by a "biofilm" layer that keeps the Lyme disease safe from antibiotics.

Treatment involves breaking down that shield, as well as optimizing brain function to repair a broken immune system.

"Lyme disease is a multiple-organ, multiple-system disease," he says.

Matt will be treated five days a week with various IV blends.

A St. Catharines girl is a sort of poster child for the Spaulding institute.

Kamea Crowe was treated for 104 weeks at the institute, beginning in June. Prior to going to Florida, the 14-year-old with chronic Lyme disease required the use of a wheelchair. Following treatment, the institute posted a video to its website showing Kamea easily getting about on her own and engaging a staff member in a foot race.

"Things are going really well," reports Kamea's mother, Yvonne Finlayson.

"When we went down to Spaulding, we found out there's an underlying black mould toxicity as well as the Lyme disease. So she still battles the mould more than the Lyme, so certain areas or houses she goes into can affect her."

Finlayson said her daughter continues to take supplements purchased from the Spaulding institute and is under the care of a local naturopath.

Matt is familiar with Kamea's story, and it gives him hope for his own recovery.

While he's high on hope, he's short on the cash he needs for treatment at the Spaulding institute. He and his family will be out of pocket the \$80,000 he estimates it will cost for treatment.

To that end, the family has set up a fundraising page online — www.youaring.com/notime-lyme — where people can read up on Matt and donate to help pay for his treatment. The goal is to raise \$50,000 via the website. Debbie said other fundraising events will be organized at a later date.

Should fundraising fall short, there is no turning back, Debbie says. She is adamant Matt will get treatment.

"We will find a way," she says. "It's not optional. I'm sure any parent would do this for their child. Whatever it takes."

—with files from Cheryl Clock

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■ NIAGARA REGION

Bob Seguin named Region's economic development director

DON FRASER
QMI Agency Niagara

Bob Seguin has been appointed Niagara Region's director of economic development.

Seguin, 61, most recently served as executive director with the Guelph-based George Morris Centre, an economic, policy research and education organization.

He has held past positions as assistant deputy minister for provincial government departments, including agriculture, food and rural affairs, economic development and trade and intergovernmental affairs.

"I want to work with my colleagues to help Niagara businesses and others seek further growth and prosperity," said Seguin, who

currently lives in Mississauga.

"It's (about) working in partnership with municipalities, regional staff, post-secondary institutions and of course the business community across Niagara."

Seguin said he'll look at restraints to economic development objectives at various government levels, and see "what we can do to reduce those constraints."

"The competition for jobs has changed, from what it was 30-50 years ago," he said. "We need to reduce those barriers as we have to be as good as we can to compete effectively and stay competitive."

Harry Schlange, Niagara Region chief administrative officer, said Seguin has a lot of familiarity with the

region, notably in areas like agriculture, manufacturing and Niagara College.

"Most importantly, he has already established trust and confidence with the local economic development officers," Schlange said.

"Having that established credibility already in established relationships ... gives us the opportunity to get moving on some action items in Niagara."

The previous economic development director was Diane Simsovic.

She was hired in July 2012, but resigned Dec. 31 to pursue other interests.

Seguin officially starts the job Monday.

don.fraser@qmiagency.ca
Twitter: @don_standard

■ NIAGARA REGION: There will be no question of amalgamation on Oct. 27 ballot

Residents to have referendum on regional transit

BOB HOULE
QMI Agency Niagara

A referendum asking Niagara residents whether they favour a regional transit system is a go. But one asking if they would like to combine all 12 municipalities into one Niagara is dead.

Niagara Region council decided Thursday night to hold a referendum question on the Oct. 27 municipal ballot asking residents whether they want a regional public transit system.

A public meeting will be held prior to council's meeting Feb. 6 to discuss how that question should be framed.

While he introduced the motion to pose the question, St. Catharines councillor Andy Petrowski admitted the like-

lihood of Nigaragans voting in favour of a regional transit system is next to nil.

"To be really clear, we're never going to be in the situation where this question will be binding back on council, because that will require 50% voter turnout in each of the 12 municipalities," Petrowski said.

"There's more chance of winning all of the 17 \$1-million dollar prizes (in Friday's Lotto Max lottery) than that happening."

"The purpose is to engage the public at the voting polls. If you're voting against this, you're voting against what the public has to say. We want to hear what the people have to say, then we will be able to process that in the next term."

Councillors voted 19-6 to

pose the transit referendum question.

Petrowski was not so lucky in his attempt to get the one-Niagara question on the ballot.

Since council does not have authority to unilaterally pose that question, as municipal restructuring falls under the purview of the Ministry of Municipal Affairs, it must ask the minister to order the Region to put it on the ballot.

Petrowski put forward a motion that council ask the minister to force a referendum question on amalgamation.

Some councillors expressed concern the electorate would not be properly informed about the concept of amalgamation.

The motion was defeated in a narrow vote of 13-12.

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■ NPCA: Former board member hired as operations manager

New management at conservation authority

BOB HOULE
QMI Agency Niagara

The Niagara Peninsula Conservation Authority has a new management structure.

Three positions were recently created at the agency that's charged with protecting Niagara water.

Peter Graham is the director of watershed management, Jen Lawson heads the department of conservation services while David Barrick is the manager of operations.

The positions were created after a year-long public consultation process, said NPCA board chair Bruce Timms, a Niagara Region councillor from St. Catharines.

"The board had launched a strategic plan process and a broad public consultation on what people were thinking and feeling, and what they thought of the conservation authority in terms of services," Timms said. "And in response to that process... it was clear to the board we needed to do some reorganization, restructuring."

"We are a commenting agency, we do have some authority on things that can and can't be done, and we wanted to reorganize it so we could respond promptly and

accurately" to queries from municipalities and residents.

That restructuring created three departments.

Graham, who had been a director with Walker Industries, heads the department responsible for permit approvals, development reviews, water quality programs, water infrastructure, restoration programs and source water protection.

Lawson is a certified general accountant who most recently worked for the Region of Halton, where she was a senior adviser for the municipality's capital budget. Her department provides support services to land and water programs and services and the portfolios of finance, geographical information services, administration and marketing and community relations.

Barrick oversees the department responsible for the agency's 36 conservation areas. A regional councillor for Port Colborne, Barrick was a member of the NPCA's board of directors.

The water director and corporate services position were filled after an open call for applicants, Timms said, but the manager of operations job was given to Barrick after he

was unsuccessful in his application for the corporate services position.

"He applied for one position, but we found him a better fit in a different position," Timms said.

He said the conservation authority intended to post the manager of operations position, but Barrick was hired before a call for applicants was put out.

"He was allowed to apply like any other citizen. Based on his interview for the one job, we thought this is the perfect fit," Timms said.

He said Barrick stepped down from the board of directors prior to applying for an NPCA job.

Timms is aware of the perception that nepotism might be associated with Barrick's hiring.

"I understand the optics of it, but he was the best person for the position."

Timms would not divulge the salaries of the new department heads.

He said the restructuring is not related to citizen complaints about flood-plain expansion along the Welland River.

"We're still looking at that. And they're still ticked off, and we're still looking at a peer



BOB TIMMS/QMI AGENCY

Bruce Timms, who spearheaded the drive for Greater Niagara Circle Route trail at Lakeshore Rd near Malcolmson park. The region about to mark out bike lanes in a long stretch of Lakeshore Rd. Sept. 25th 2012.

review of the report that recommended new 100-year storm flood waters. That work is continuing – the reorganization is not related to that," Timms announced Friday.

CAO and secretary treasurer, will retire from the position April 30. In a release Tuesday, the NPCA said a search committee will be formed to find D'Amario's replacement.

EDUCATION

College seeks fitness candidates

Niagara College wants to help you get fit.

Students from the college's fitness and health promotion program are looking to help up to 200 people achieve their personal fitness goals. The program, based at the Welland Campus, is accepting applications from college staff, students and community residents who are willing to commit to fitness assessments and weekly personal training sessions from January to April.

Chosen applicants will work with second-year students from the program under faculty supervision.

Each client will receive an initial fitness assessment, a free 50-minute training session each week for 12 weeks, a personalized full-week training plan to be completed outside of the college, a fitness assessment at the end of the program, as well as counselling along the way. There is no cost to participate. People of all fitness levels are encouraged to apply.

For requirement details, session times and information on how to apply, visit <http://bit.ly/1fEVCIL>.



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LOCAL NEWS

■ MANUFACTURING

Thorold plant to idle

DON FRASER
QMI Agency Niagara

The Georgia Pacific paper plant in Thorold South is halting production, with 109 employees set to be out of work.

Workers learned Friday the company plans to idle the facility, with a possibility it will be restarted.

Georgia Pacific spokesman Eric Abercrombie stressed the plant is not permanently closing.

"We won't be producing anything, but we are continuing to maintain the equipment, with a potential for future should market conditions [improve]," Abercrombie said in an interview.

"Key factors that went into the decision are current market conditions for our products and lower costs associated with alternative paper sourcing," he said.

"And the idling at Thorold is not a reflection of the employees or

the good work being done there."

Abercrombie said the company is targeting the end of the first quarter in March for the shutdown. Georgia Pacific makes paper that is used in drywall at the Allanburg Rd. plant, which it acquired in 1965.

Last year, the company — headquartered in Atlanta — announced the idling of a facility in Caledonia and another in Arkansas.

"The company is going to be



DON FRASER/
QMI AGENCY
NIAGARA

Georgia Pacific plant in Thorold South.

meeting with union leadership to discuss the effects of this decision," Abercrombie said of the 93 hourly workers at the Thorold plant, represented by Unifor Locals 192 and 199.

Mike Lambert, who represents Local 192 hourly production workers at the plant, said an average full-time production worker there normally makes about \$50,000-\$55,000 a year.

Work at the facility had recently been reduced to one week a month, said Lambert, citing one reason as a lack of orders

due to "the current housing market in the U.S. being down."

"For whatever reason, Georgia Pacific made the decision without even consulting us, my guys were called in Friday morning and notified the plan would be idling," Lambert said, calling the shutdown decision disappointing.

"Americans have this 'Made in America' philosophy right now, so the orders are shifting that way," he said.

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TIM HUDAK, MPP HOSTING ANNUAL NEW YEAR'S LEVEE IN BEAMSVILLE

NIAGARA WEST - GLANBROOK - MPP Tim Hudak reinforced jobs and getting government spending under control are his top priorities as he hosted Niagara West-Glanbrook families on Sunday for his annual New Year's Levees.

This year, 250 people attended the two levees in Beamsville and Glanbrook. Non-portable food items were collected and will be donated to the Glanbrook Food Bank and West Lincoln Community Care.

Hudak said that jobs will be his main focus for the province in the year ahead, as he launched his Million Jobs Plan today from Queen's Park. Hudak's plan will encourage the creation of a million private sector jobs over eight years.

"I'm looking forward to the coming year. I truly believe Ontario will be on the path to prosperity soon. May this new year be one of hope, happiness and opportunity," said Hudak.

For Niagara West - Glanbrook Hudak hopes to:

- Bring good jobs back to Hamilton and Niagara and a resurgence in advanced manufacturing.
- Get the new West Lincoln Memorial Hospital built.
- Put a moratorium on industrial wind farms.

For more information on Tim Hudak's plan for Niagara West-Glanbrook and Ontario visit <http://bit.ly/1oeB4p4>.



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IN BRIEF

New Pelham fire station planned

Construction on Pelham Fire Station 3 is slated for this year.

The contract to design and build the station was awarded to Charter Building Co. The planned 630-square-metre facility at 2317 Cream St. will include two truck bays, office space, a kitchen, bathrooms and a training room/common area.

The town's project committee is looking at design and construction options for the building.

Dog park moving ahead

Town council Monday night approved rezoning required to accommodate a dog park in Pelham.

Fundraising is underway

to create the leash-free park on the east side of Centre St. north of Hwy. 20.

Own a piece of Fenwick

The village of Fenwick celebrated its 160th anniversary last June.

As the village moves forward with its revitalization program, Fenwick is offering an opportunity to purchase a granite brick that will be incorporated into the downtown Fenwick beautification project.

Standard, double, veterans and corporate bricks are available. Bricks can be ordered at town hall, or by filling out a form at www.pelham.ca.

Pelham town council and fire Chief Bob Lymburner presented Bryan Page's family with a plaque to honour their firefighter son. The same plaque will hang in Fire Station 1 to honour his bravery and memory.

Page was a paramedic with EHS Nova Scotia and a volunteer firefighter with Pelham Station 1. He died April 3, 2013, at the age of 30.

Ironwood helps out Pelham Cares



MELISSA HANDELSON/PELHAM NEWS STAFF

Ironwood Wealth Management Group/Aligned Capital Partners donated \$500 to Pelham Cares on Tuesday to help with its operating costs. From left, Blair Cudmore, Carl McKnight, Jane Gilmour, president of Pelham Cares, Tom Morrison, Michael McKnight.

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SPORTS

■ **HOCKEY:** Kitchener Rangers prospect Ty Learn looking forward to increased playing time following move to Pirates

Learning experience

BENED FRANK
QMI Agency Niagara

Thoughts of home no longer preoccupy Ty Learn now that he's playing junior B hockey much closer to home.

While never overcome by homesickness and an overwhelming desire to return to his Niagara roots, the 17-year-old Fonthill native thought about home often enough during his season and a half with the Kitchener Flying Dutchmen of the Greater Ontario Junior Hockey League's Midwestern Conference. He admitted it became a distraction from time to time. "I didn't feel 100% committed. I thought if I was home, I wouldn't have to think about that any more. I could concentrate on hockey more," Learn, who was acquired by

the Port Colborne Pirates in a cash deal at the trade deadline, said.

He said he enjoyed playing in Kitchener on a provincial powerhouse that this season set the Ontario Junior B record with 25 straight wins. He also liked being a short car ride away from Memorial Auditorium, where the Kitchener Rangers, the team that selected him in the seventh round of the 2012 Ontario Hockey League, play their home games.

"It was unbelievable. Everyone was in there," he said of playing before capacity crowds in the 7,234-seat arena in his stints with the Rangers.

The 5-foot-11, 186-pound forward saw action in three games for the Rangers this season after playing eight

games in The O is his first year living in Kitchener.

Despite the move to Port Colborne, the 5-foot-11, 180-pound forward remains a prospect in the Rangers organization. Kitchener retains his OHL rights and Learn expects to attend the team's training camp in August.

Though he has gone from first in the Midwest to second-last in the Golden Horseshoe Conference, Learn likes becoming part of the youth movement the Pirates are creating with team owner Tim Toffolo and first-year coach Yvan Charrois.

"I feel like I'm going to get more ice time here, and get more prepared," the son of Ed and Lisa Learn and a Grade 12 student at Notre Dame College School said.



BENED FRANK / QMI AGENCY NIAGARA

Pelham native and Port Colborne Pirates newcomer Ty Learn is back home in south Niagara after the past 1 1/2 seasons playing junior B hockey in Kitchener.

Learn, who rates energy, speed and hitting as his greatest strengths on the ice, said his immediate hockey goals are to sharpen his skills and work on his consistency.

"I think my development is going to be better here. I'm happy to be here."

Charrois said getting Learn

became a priority once the Pirates decided to jettison their 20-year-olds and get a head start on the 2014-15 season by loading up on younger players.

"He's a great two-way player who hits hard. It's all about building toward the future," Charrois said.

In his rookie season in Jun-

ior B, Learn had nine goals and five assists in 47 games for Kitchener. Learn had six goals and four assists in 25 games for the Flying Dutchmen this season, and he has one goal in his first three games with the Pirates.

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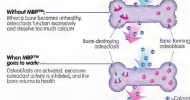
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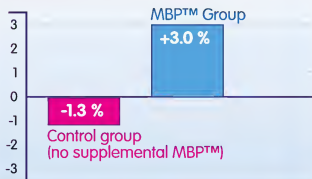
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(905) 934-1411
YMCA Child Care On-site
905-646-9622

Grapeview Public School

106 First Street South, St. Catharines
(905) 904-5517
YMCA Child Care On-site
905-682-9455

Lincoln Central Public School

348 Scott Street, St. Catharines
(905) 937-5110

Lockview Public School

505 Bunting Road, St. Catharines
(905) 934-3331
YMCA Child Care On-site
905-935-8427

Maywood Public School

140 Raig Street, St. Catharines
(905) 685-8451

Meadowdale Public School

63 Cecil Street, St. Catharines
(905) 935-4292
YMCA Child Care On-site
905-934-9047

Memorial Public School

17 Welland Avenue, St. Catharines
(905) 685-7347
YMCA Child Care On-site
905-682-0688

Oakridge Public School

1 Marsdale Avenue, St. Catharines
(905) 684-6589

Parnall Public School

507 Geneva Street, St. Catharines
(905) 934-3348
YMCA Child Care On-site
905-937-5260

Pine Grove Public School

600 Lake Street, St. Catharines
(905) 935-1901
YMCA Child Care On-site
905-934-9091

Port Weller Public School

273 Pamela Road, St. Catharines
(905) 934-3322
YMCA Child Care On-site
905-937-0312

Power Glen Public School

34 Westland Street, St. Catharines
(905) 684-7429
YMCA Child Care On-site
905-984-3344

Prince of Wales Public School

95 Facer Street, St. Catharines
(905) 937-2225

Prince Philip Public School

600 Vine Street, St. Catharines
(905) 934-2525
YMCA Child Care On-site
905-935-9973

Sheridan Park Public School

114 Linwell Road, St. Catharines
(905) 937-0510

Westdale Public School

130 Ryland Street, St. Catharines
(905) 682-9284
YMCA Child Care On-site
905-397-9095

Woodland Public School

1511 7th Street South, St. Catharines
(905) 685-1331
A Child's World
Child Care On-site
905-735-1162

THOROLD

Ontario Public School
550 Alenbury Road, Thorold
(905) 227-2851

Prince of Wales Public School

40 Pine Street, Thorold
(905) 227-1321
YMCA Child Care
After School Program
Richmond Street Public School

153 Richmond Street, Thorold

(905) 227-2971
Thorold Community
Activities Group After School
Care on-site
905-227-0545

Westmount Public School

73 Ann Street West, Thorold
(905) 227-3827
YMCA Child Care
Supervised walk to location
905-680-7164

WAINFLEET

William E. Brown Public School
31870 Lee Street, Wainfleet
(905) 899-3471

Winger Public School

53220 Winger Road, Wainfleet
(905) 899-3821

WELLAND

Diamond Trail Public School

315 Southworth Street, Welland
905-734-3200

Fitch Street Public School

164 Fitch Street, Welland
(905) 732-3683

Glendale Public School

24 Farham Avenue, Welland
(905) 735-5213

YMCA Childcare On-site

905-734-1209

Gordon Public School

468 Thorold Rd. W., Welland
(905) 734-3730

Plymouth Public School

111 First Street, Welland
(905) 732-4110
A Child's World
Supervised walk to location
905-735-6312

Princess Elizabeth Public School

330 Schellford Avenue, Welland
(905) 734-3460

Quaker Road Public School

333 Quaker Road, Welland
(905) 732-5412

Ross Public School

358 Niagara Street, Welland
(905) 734-4273

WEST LINCOLN

Calston Central Public School

1794 Regional Rd. 6, Calston Centre
(905) 957-7473

Colegate Public School

132 College St., Smithville
(905) 957-7024
YMCA Child Care On-site
905-956-9995

Gainsborough Public School

5459 Highway 20 RR #2, St. Anns
(905) 386-6223

Bus icon

The DSBN strives to connect families to daycare through transportation. Talk to your school for more information.

Come in to our Kindergarten Open House! Thursday, February 6 4:00 - 6:00 p.m.

How can I help my child get ready for learning in Kindergarten?

Children do not need to have specific knowledge or skills to begin school, but you can help your child get a great head start and support their learning by introducing some math and literacy related activities into your home routine.

Math on the Go!

Clapping, playing with different shapes, and sorting items by colour. These activities are fun and a great way to make math part of your child's everyday life.

Kindergarten children have a natural ability to connect with math concepts. Everyday activities offer opportunities for your child to connect their natural mathematical thinking to more formal mathematics. Here are some math activities you can try at home and on the go:

- Play number games during everyday activities, such as counting the number of steps while walking, the number of trucks you see while driving, or count the change needed to pay for an item
- Help your child recognize shapes and size relationships. At the grocery store, ask your child to find items that are triangles, circles, rectangles, and other shapes.
- Have your child help sort the laundry by different categories: by color, by item or by who it belongs to.
- Kindergartners love repetition and patterning, which fosters mathematical thinking. Clapping patterns help your child discover sequences and predict what comes next.

Come on in to
our Kindergarten Open House!

Thursday, February 6
4:00 - 6:00 p.m.



Let's Write!

Strong handwriting skills have been shown to help children do better in spelling, creative writing and even math. You can support your child's learning by encouraging your child to write often, and by giving lots of praise for any attempts they make!



They can write:

- a grocery list
- a note to a family member
- your phone number
- their name
- the alphabet

Did you know?

Smaller writing tools are easier for little hands to grasp. A small size gives little ones a chance to develop more control when learning handwriting skills.